

BAIN 50+ CENTER

It's a great day in the Bain Neighborhood!



5470 Ruth Keeton Way

Columbia, MD 21044

Office: 410-313-7213

Fax: 410-313-7465

Bain 50+ Center Hours

Monday-Wednesday

8:30 am-4:30 pm

Thursday, 8:30 am-8:30 pm

Friday, 8:30 am-4:30 pm

Website:

www.howardcountymd.gov/aging

Major Enhancements Coming Soon

Join us for Community Meetings on Thursday, July 18th at 10 am and 6 pm to learn about the much-anticipated capital project at the Bain 50+ Center.

Enhancements will include a new fitness center, an expanded exercise studio, renovated restrooms and other new programming spaces. The construction work will be done in phases to minimize the impact on center operations, with the first phase beginning in early August. We anticipate being open throughout the entire process, however, programming will be adjusted and modified. The lunch service will continue throughout the renovation and some programs may be moved to other centers and locations. The work in Phase Two includes heating, ventilation and air conditioning work and is projected to occur between January and April 2020. This will impact the administrative offices, exercise studio, computer lab, arts room, wood shop and health room. Once the work is complete, we have every confidence that it will be worth the wait.

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General Information

BAIN 50+ CENTER STAFF

Linda Jackson Ethridge, Director (410) 313-7468
Tammy Wiggins, Assistant Director (410) 313-7469
Dawn Perez, Registrar (410) 313-7213
Collin Fugate, Facilities (410) 313-7464
Kari Weidner, Nutrition Specialist (410) 313-7274
Earl Saunders, Cypress deManicor, Ali Esfahani,
Arias Alexander, DaJuan Tyler-Curtis, Center
Support Staff

HEALTH AND WELLNESS

Ingrid Gleysteen, Paws4Comfort (410) 313-7461
Elaine Widom, SeniorsTogether (410) 313-7353

SHIP-STATE HEALTH INSURANCE ASSISTANCE PROGRAM

By Appointment (410) 313-7392

MARYLAND ACCESS POINT

By Appointment (410) 313-1234
Sunny Moon, (410) 313-7388
Kim Freeman, (410) 313-7288

Get Your Bain Newsletter Electronically

Sign up at the front desk to be added to our email Distribution List. Stay informed on upcoming program information.

New Membership Cards

A new scanning process has been implemented that takes the place of the sign-in books. Membership cards are being distributed to all registered members. Please stop by the front desk to pick up your free card. You will need your membership card each time you visit with us at the center. The scanning process is as easy as 1...2...3!



NAVIGATING THE CENTER

LUNCH PROGRAM

To join us for lunch, please sign up in advance in the Lunch Room (Great Room 3). Please call (410) 313-7390 to cancel your lunch reservation if you can not make it. Our lunch number reflects the number of reservations placed, and the County is charged for the number of meals ordered. For members **over** 60 years of age, and their spouses, a confidential donation is requested. Contributions ensure the continued viability of this important program. Members **under** 60 years of age will be charged the full cost of the meal, payable at the front desk. A regular meal is \$4.48, box meals are \$5.01 and special meals are \$5.95. Lunch is served Monday through Friday at 12 noon.

SIGN-UP and PAYMENT

The Front Desk is open for transactions between 8:30 am and 4:00 pm. Payments may be by cash, credit card, or a check made payable to Howard County Director of Finance. Online registration can be done at the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. **All activities require a reservation or registration.**

TRANSPORTATION

Transportation is available to the 50+ Center through RTA Mobility, riders must be certified. For certification, reservations, and cancellations please call the RTA Customer Service Line at 1 (800) 270-9553. You may also visit their website at www.transitrt.com. Transportation to the Bain 50+ Center is also available through NeighborRide for a modest fee. For additional information call NeighborRide at (410) 884-7433.

PLEASE NOTE

Membership is required to attend or register for any class, program, or activity. Membership is free and the application is quick and easy. Stop by the Front Desk if your contact information has changed.



Find us on Facebook

www.Facebook.com/HoCoCommunity

Bain Council & Information

Bain 50+ Center Council Dance

1:30-3:30 pm Cost: \$2

2nd Friday of the Month



Music, Refreshments, Dancing and Door Prizes

Friday, July 12, 2019

Vintage Entertainment with Trish and Frank Currerri

Enjoy music, dancing, and refreshments.



Please stop by the front desk and update any changes especially your emergency contact information.

Center Closings

Thursday, July 4: Independence Day

Monday, September 2: Labor Day

Bain 50+ Center Council

The Bain Center Council is a non-profit 501 (c) (3) advisory and fundraising organization that supports the programs and operation of the center. The members of the Council represent YOU! Your suggestions and contributions are welcome. Contact Peter Eisenhut, Council President, or any Council member through the front desk.

Mary Cooke

Athena Dalrymple

Jackie Dunphy (HPM)

Jeane Evans (HPM)

Peter Eisenhut

Annie Foster

Valerie Hoelz

Sandra Kaiser

Fran Martiny

Jim McDiarmid

Su Patterson (HPM)

Priscilla Pitts (HPM)

Shirley Williams

Albertha Workman (HPM)

*HPM= Active Honored
Past Member

The Bain Council generously sponsors a nutritious Continental Breakfast on Tuesdays-Thursdays at 9:30-10:30 am and the monthly Brain Fitness program. Your support of council fundraising activities make possible many of our programs.

Need Special Accommodations?

If you need accommodations to attend a program, or need this publication in an alternate format, please contact the Bain 50+ Center, at 410-313-7213 or by email at lethridge@howardcountymd.gov one week prior to the date of the event.

The Bain Center Council Needs You

The BAIN COUNCIL is seeking candidates to serve on the Council. If you have a desire to support the Center and its numerous activities, consider joining the Council. Information packets are available at the front desk or contact Council Treasurer, Sandra Kaiser, at Bain.council.comm@gmail.com. All Center members are eligible to apply. **Bain wants you!**

Are You & Your Pet Ready to Share Your Hearts?

Paws4Comfort fosters special bonds between pets, their owners and the County residents they visit. If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:

Ingrid Gleysteen
PROGRAM COORDINATOR
PHONE 410-313-7461 (voice/relay)
EMAIL igleysteen@howardcountymd.gov

PET EVALUATIONS are held at 7:00 PM on the first Thursday of each month

Howard County Paws4Comfort
Touching Hearts... One Visit at a Time

Bain 50+ Center
5470 Ruth Keeton Way, Columbia 21044

Howard County Office on Aging and Independence

www.howardcountymd.gov/aging

Programs

Community Safety

Tuesday, July 9

Time: 10:30-11:30 am

Community safety is about helping communities to be and feel safe. It is important that you feel safe where you live, work or spend your leisure time. There are ways that you can get involved to help improve the safety of your own community. Please come out and meet Officer Macer and learn how to safeguard yourself. R.S.V.P.

“Columbia’s Promise” 50 Year Celebration

Tuesday, July 16

Time: 10:30-11:30 am

"Columbia's Promise" is a historical documentary that examines how this planned city was inspired by a genius known as James Rouse and his team. It was an 'open city' that permitted racial integration during a segregated period in U.S. history. Join us for the film followed by a discussion with the MPT Producer, Ken Day. R.S.V.P.

Omega Psi Phi Annual “CONNECTING WITH THE COMMUNITY PARTY”

Wednesday, July 17

11am—1 pm/ Lunch Donation

Stop by The Bain 50+ Center and meet the brothers of Omega Psi Phi Fraternity and enjoy live music, entertainment, and a chance to win great door prizes. Lunch by donation for those over 60+. **Register by July 10th.**

Intermediate Watercolor Art Class

Fridays, July 19—August 23

1 pm–3 pm/ \$43

Find the Artist in You! This fun and artistic class will be taught by instructor, Mostafa Torabi. Supply list provided upon registration.

What’s Your Story?

Tuesday, July 23

Time: 10:30-11:30 am

Story-telling is one of the most powerful forms of sharing truth known to humankind. This new series with Mostafa Torabi, underscores the importance of storytelling and how we transfer knowledge, history and wisdom. He was born in Shiraz, Iran and later earned his masters degrees in both physics and meteorology from Tehran University. Mr. Torabi is the recipient of a fellowship award from the World Weather Organization. In 1975, Mostafa came to the United States. His story continues from here. R.S.V.P.

Coin Consultant Presentation

Wednesday, July 24

10:30 –11:30 am

Meet **Drage Vukceovich**, a long-time coin collector and appraiser and learn to take stock of your coin collection. During this presentation you will get a feel for this type of material and learn its general value. There will be a discussion about the items worth keeping and the ones that could be liquidated. R.S.V.P.

Emotional Component of Wellness

Tuesday, July 30

Time: 10:30-11:30 am

Everyday stress can result in emotional pain and physical ailments. This fascinating presentation by Sharon Burns, RN, BSN, MA, Holistic Practitioner, will demonstrate self-healing techniques based on the 7 major energy points in our bodies called Chakras. These energy centers are responsible for maintaining the health of specific organs and bodily functions. You will become aware of how the energy provided by the Chakras is changed positively or negatively by your thoughts. Additionally, you will learn how to treat and remove physical pain from your body by just using your hands. Explore a new proactive way to feel your best. R.S.V.P.

Programs

Weekly Computer Clinic Returns

Wednesdays, 1 pm -3:30 pm

Instructor: Lewis G. Aide

Have a problem with your iPhone or iPad or want to learn how to better use its many features? Need help with your laptop or desktop computer? Call the Bain 50+Center to sign up for a one-on-one, 30-minute meeting with a tutor who will assist you with your concerns and questions. **FREE**

The Bain “Buzz” Book Club

10–11:30 am / Free

July 17— *Eleanor Oliphant is Completely Fine* by Gail Honeyman

August 21— *Killer of the Flower Moon: The Osage Murders and the Birth of the FBI* by David Gramm

September 18— *Before We Were Yours* by Lisa Wingate

CarFit

Wednesday, August 21

8:30 am -3:30 pm

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program also provides information and materials on community-specific resources that can enhance driver safety.

Take A Loved One to the Doctor Day

Tuesday, September 17

10:30 am –11:30 am

Take a Loved One to the Doctor Day is a national campaign encouraging people to take charge of their own health and then to encourage their loved ones to do the same. Knowing your numbers is an excellent way to maintain and improve your health. **Dr. Ayesha F. Cheema**, will discuss the benefits of a six month check up. R.S.V.P.

Bain 50+ Movie Schedule

1 pm / Free

Reservations Requested

July 11 —*The Wife* (Featuring Glenn Close and Jonathan Pryce)

July 18 —*Gloria Bell* (Featuring Julianne Moore, John Turturro, Michael Cera and Brad Garrett)

July 25—*Widows* (Featuring Viola Davis, Michelle Rodriguez, Elizabeth Debicki and Cynthia Enrivo)

August 1 —*Ben Is Back* (Featuring Julia Roberts, Lucas Hedges and Courtney B. Vance)

August 8—*Five Feet Apart* (Featuring Haley Lu Richardson, Cole Sprouse and Moises Arias)

August 15—*BlacKkKlansman* (Featuring John David Washington, Adam Driver, Laura Harrier, Tropher Grace , Ryan Eggold and Corey Hawkins)

August 22 —*Clockwatchers* (Featuring Lisa Kudrow, Toni Collette, Parker Posey and Alanna Ubach)

August 29 —*Boy Erased* (Featuring Lucas Hedges and Nicole Kidman)

September 5 —*A Dog’s Purpose* (Featuring Dennis Quaid, Josh Gad and Marg Helgenberger)

September 12 —*Poms* (Featuring Diane Keaton Jacki Weaver, Pam Grier and Celia Weston)

September 19 —*Wine Country* (Featuring Rachel Dratch, Ana Gasteyer, and Amy Poehler)

September 26 —*Rocketman* (Featuring Taron Egerton, Jamie Bell, Bryce Dallas Howard, Steven Mackintosh and Richard Madden)

The views expressed in the listed movies and documentaries are the views of its makers, and do not necessarily express the views of the Office on Aging and Independence, Howard County Government, or their officials and employees.

Daily Programs

MONDAY	PROGRAM	ROOM
8:30 am—4:15 pm	Billiards/Ping Pong (Drop-In)	Billiards Area *
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—Noon	Project Linus (2nd & 4th Monday)	Community Room *
9 am—4:15 pm	Cards and Games (Drop-In)	Pantry *
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9 am—10 am	Ask the Pharmacist (4th Monday)	Health Room
9 am—Noon	Knitting and Crocheting Group	Meeting Room
9:30—11 am	Optimal Fitness Training (HCC) (\$)	Exercise Room
10—11:30 am	SeniorsTogether Current Events Discussion	Great Room 2
10—12 noon	Pottery	Craft Room
10:30 am—12 noon	Tai Chi (Drop-In)	Great Room 1
11:30am—12:30 pm	Cardio Fusion for Parkinson's Disease	Exercise Room
Noon	Lunch	Great Room 3
12:30 pm—4 pm	Korean American Senior Association	Great Rooms 1, 2, 3 / Meeting Room
1 pm—2:30 pm	Religion Discussion Group (Drop-In)	Community Room *
1 pm—2 pm	Better Balance (\$)	Exercise Room
1 pm—4 pm	Canasta (Drop-In)	Activity Room *
1pm—3 pm	Gathering of the Arts (Drop-In)	Craft Room
2:30 pm—3:30 pm	Yoga (\$)	Exercise Room
TUESDAY	PROGRAM	ROOM
8:30 am—4:15 pm	Billiards/Ping Pong (Drop-In)	Billiards Area *
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9:30 am—10:30 am	Arthritis Exercise Program (\$)	Exercise Room
9:45 am—11:45 am	Scrabble (Drop-In)	Pantry *
10 am—Noon	Pottery (HCC) (\$)	Craft Room
10:15 am—11:45 am	Seniors Together Low Vision Group	Meeting Room
10:45 am—11:45 am	Silver Belles (tap dancing)	Exercise Room
Noon	Lunch	Great Room 3

*Impacted by Renovation

Daily Programs

TUESDAY	PROGRAM	ROOM
Noon—4:15 pm	Duplicate Bridge (Bring a partner)	Activity Room *
1 pm—2 pm	Zumba (\$1 Donation)	Great Room 1
1 pm—2:20 pm	Better Health and Wellness (HCC) (\$)	Exercise Room
1:30 pm	Phase 10 card game	Great Room 3
2 pm—3:30 pm	Drop-In Jam Session	Great Room 2
WEDNESDAY	PROGRAM	ROOM
8:30 am—10:30 am	Woodworkers Guild Meeting	Community Room *
8:30 am—4:15 pm	Billiards/Ping Pong (Drop-In)	Billiards Area *
8:30 am—Noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9 am—11 am	HCC Bain Senior Choir (\$)	Great Room 1
9 am—3 pm	Massage (\$)	By Appointment
9:30 am—10:50 am	Optimal Fitness Training (HCC) (\$)	Exercise Room
9:30 am—11:30 am	Bingo (\$)	Activity Room/Pantry *
10 am—11:30 am	Bain “Buzz” Book Club (3rd Wednesday)	Meeting Room
10 am—11:30 am	English as a 2nd Language	Great Room 2
11 am—Noon	Yoga (\$)	Exercise Room
Noon	Lunch	Great Room 3
Noon—4:15 pm	Drop-in Poker	Pantry *
12:30 pm—1:30 pm	Bill W. Meetings	Conference Room
1 pm—2 pm	Sit & Be Fit	Great Room 1
1 pm—2 pm	Better Balance (\$)	Exercise Room
1 pm—4:15 pm	Drop-In Chess	Meeting Room
1 pm—4 pm	Drop-in Mahjogg	Activity Room *
THURSDAY	PROGRAM	ROOM
8:30 am—8:00 pm	Billiards/Ping Pong (Drop-In)	Billiards Area *
8:30 am—Noon	Woodworking (\$)	Woodshop
8:30 am—Noon	Gathering of the Arts (Drop-In)	Craft Room

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Daily Programs

THURSDAY	PROGRAM	ROOM
9 am—10 am	Balance “4” All (\$)	Exercise Room
9 am—11:30 am	Wii (Recreation & Parks) Must pre-register in the lobby	Lobby
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9:30 am—12 Noon	Artful Journaling (Rec.& Parks) (\$)	Community Room *
9:30 am—11:30 am	Drop-in Pinochle	Pantry *
10 am—11 am	Thrive Thursday-Video Fitness	Great Room 1
10 am—Noon	Blood Pressure (1st & 3rd Thursday)	Health Suite
10 am—11:30 am	Zoom– In Discussion Group	Meeting Room
10:30 am—11:30 am	Coffee With a Howard County Police (3rd Thursday)	Lobby
10:45 am—11:45 am	Arthritis Exercise Program (\$)	Exercise Room
11 am—12 noon	Drop-In Zumba (\$1 Donation)	Great Room 1
Noon	Lunch	Great Room 3
12:30 pm—2 pm	Seniors Together Brain Teasers	Meeting Room
1 pm	Movie	Great Room 1
1 pm—2:20 pm	Better Health and Wellness (HCC) (\$)	Exercise Room
1 pm—4:15 pm	Drop-In Scrabble & Cards and Games	Activity Room/ Pantry *
2:45 pm—4 pm	Beginners Soul Line Dance (\$)	Exercise Room
5 pm—8:30 pm	Massage Therapy (\$)	Health Suite
6:30 pm—8:15 pm	Man to Man Prostate Cancer Support Group (3rd Thursday) September –June	Meeting Room
6:30 pm—8:00 pm	Alzheimer’s Caregiver Support Group (2nd Thursday)	Meeting Room
FRIDAY	PROGRAM	ROOM
8:30 am—4:15 pm	Billiards/ Ping Pong (Drop-In)	Billiards Area *
8:30 am—noon	Woodworking (\$)	Woodshop
9 am—4:15 pm	State Health Insurance Program (SHIP)	SHIP Office (By Appointment)
9 am—3 pm	Massage (\$)	By Appointment Only
9:30 am—10:30 am	Chair Yoga (\$)	Great Room 2
9:30 am—10:45 am	Optimal Fitness Training (HCC) (\$)	Exercise Room
10 am—11:30 am	Spin a Yarn/Drop-in Knitting & Crocheting	Meeting Room
10 am—11:30 am	SeniorsTogether Trenders	Conference Room

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Daily Programs/ Menu Notes

FRIDAY	PROGRAM	ROOM
10 am—noon	Pottery (HCC) (\$)	Craft Room
11:30 am—12:30pm	Functional Fitness for Parkinson's	Exercise Room
Noon	Lunch	Great Room 3
Noon—4:15 pm	Cards and Games	Pantry *
12:30 pm—2 pm	Gospel Choir (1st, 3rd and 4th Friday)	GR1
12:45 pm—3 pm	Drop-in Rummikub and Cards	Activity Room *
1 pm—2:30 pm	Line Dancing (Drop-in)	Exercise Room
1:30 pm—3:30 pm	Council Dance (2nd Friday) (\$)	Great Room 1-3

The Keto Diet: Can it Work for You?

You've probably heard your friends talking about the latest fad diet: The Keto Diet. But it isn't actually new. In fact, this type of diet has been prescribed for treatment of pediatric epilepsy as early as 1921. The ketogenic ("keto") diet is a high fat, moderate protein, low carbohydrate diet. It is rich in meats and fats, and carbohydrate intake is limited no more than 50 grams each day. It is similar to the very low carbohydrate Atkins Diet, which gained popularity in the 1970s for weight loss.

How Does the Keto Diet Work?

When you dramatically reduce your carbohydrate intake, your cells do not have enough circulating blood sugar (which comes from carbohydrates in your diet) for energy. This causes your body to release ketone bodies (broken down from stored body fat) into your bloodstream for your body to use for energy. This process is called "ketosis," and usually takes 2-4 days of eating no more than 20-50 grams of carbohydrate each day for the body to use ketone bodies for energy instead of circulating blood sugar. The result is a loss of stored body fat with minimal hunger.

Can it Help With Weight Loss?

Research has shown that a low carbohydrate diet is very effective for rapid, short term weight loss compared to traditional weight reduction diets. However, traditional weight loss diets (such as a low fat diet or the Mediterranean Diet) appear to be equally effective over time. The Keto Diet is rich in meats, fish, nuts, seeds, butter, cheese, and fibrous vegetables.

Can it Help to Manage Diabetes?

Research has shown that the Keto Diet can reduce blood sugar levels for people living with type 2 diabetes. This is because foods high in carbohydrates (such as fruits, starchy vegetables, legumes, and grains) are eliminated while on the Keto Diet. This diet may also facilitate weight loss, which is a positive effect for individuals with type 2 diabetes looking to lose weight.

Are There Any Side Effects to Following the Keto Diet?

Careful diet planning is key to ensure that you are not consuming too much red meat, sodium, processed meats, or saturated fat. One limitation to this diet that people report is that it is difficult to stick to on a long-term basis, since the typical American diet is at least 50% carbohydrate. Reported side effects from the ketosis process include nausea, fatigue, bad breath, and constipation.

Is the Keto Diet Right For Me?

If you want to lose weight, the Keto Diet can be an effective tool at jump-starting your weight loss. Proper planning can ensure that your diet remains balanced in vitamins and essential nutrients while following the very low carbohydrate phase of this diet. However, decades of research support a balanced diet rich in unprocessed foods such as vegetables, fruits, lean meats, fish, and healthy fats found in nuts, seeds, and oils to be the most effective for health and longevity.

Carmen Roberts, MS, RD, LDN

*Impacted by Renovation

Health & Wellness

Nutrition Education

Thursday, August 29 & September 12
9:30–11:30 am

Individual sessions by appointment only.
Must be 60+ to sign up
Nutritionist, Carmen Roberts, MS, RD, LDN
Sign-up at the front desk or call 410-313-7213.

Nutrition Topic: Sugar Sinfully Sweet

Friday, August 16 10–11 am / Free

Did you know that recent research found that sugar contributes to heart disease, fatty liver and diabetes? R.S.V.P.

Chair Yoga

Fridays, 9:30–10:30 am

July 5–September 27 Cost: \$69

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair.

Drop-In Zumba–On The Big Screen



Tuesdays, 1- 2 pm & Thursdays 11 am– Noon
\$1 Donation
Dance to a Fitter You!

Sit & Get Fit

Wednesdays

1–2 pm /Free

A gentle conditioning exercise program you can do sitting down. Easier to learn than Tai Chi or Yoga. Sit and Get Fit for Seniors blends activity and relaxation by adding circular movements and natural breathing.

Yoga

Mondays, 2:30–3:30 pm

July 1–September 30 Cost: \$69

Wednesdays, 11 am–12 pm

July 3–September 25 Cost: \$69

Join Certified Yoga instructor, **Mary Garrett**, and learn the techniques that promote good health and strength.



Better Balance

Mondays & Wednesdays, 1–2 pm

July 1– September 25 Cost: \$83

Better Balance is designed for those with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, balance bar, and seated exercise. Pre-screening required prior to enrollment; contact Malarie Burgess at (410) 313-6073

Man to Man Prostate Cancer

Support Group

September 19 / 6:30–8:15 pm

Man to Man Prostate Cancer Support Group offers confidential support and education. Guest speakers include doctors, health care practitioners, and survivors, who address issues related to treatment options, side effects, and practical guidance. Meets 3rd Thursday every month from September-June. For information, contact Gerry Gears at gerrygears@gmail.com.

Beginner Soul Line Dance Class

Thursdays, 2:45–4 pm

July 11-September 26/ \$64

Join **Jesse Barnes**, our “seasoned” Dance Instructor, who teaches throughout Central Maryland. Learn beginners’ line dance steps and get fit at the same time.

Drop-In Jam Session

Tuesdays, 2-3:30 pm/ Free

Join a group of “seasoned” musicians who enjoy playing old time tunes such as the Waltz, Reels, and Irish Dance tunes. Stop-in to listen, dance, or play.

Health & Wellness



Drop-in Tap Dance
Instructor:
Diane Andrews
Tuesdays
10:45–11:45 am/ Free

Have fun while tap dancing your way to health.

Join us for the excitement, challenge, and fun of learning to *dance*! Whether you're a beginner or an aspiring performer, you will enjoy this class.

Alzheimer's Caregiver Support Group
Thursday, July 11, August 8, September 12
6:30–8 pm / Free

Support groups create a safe and confidential environment to empower caregivers to attain their own personal, physical, and emotional well-being in an effort to optimally care for themselves and each other. Participants are provided with education and problem solving skills around dementia-related issues. For more information, contact Danilsa Marciniak at (410)736-2217

Coffee and Community Connecting
Thursday, July 9 & August 21 at 10 am

Coffee and Community Connecting brings police officers and the community members they serve together over coffee to discuss issues and learn more about each other.

Essential Touch Massage Therapy
Wednesdays & Fridays 9 am-3 pm
Thursdays 5–8 pm
Cost: \$58 60 minutes

Indulge yourself in a therapeutic massage designed especially for your needs with Massage Therapist Felicia Tenny, RN, LMT. Relax your muscles, decrease aches and pains, and promote the circulation of blood and lymph system. Call the center for appointments.

Ask The Pharmacist

Monday, July 22, August 26, September 23
9–10 am/ Free

Pharmacist Don Hamilton will provide individual answers to your medication questions. With the allergy season upon us, find out if you should take an over the counter medication or something prescribed by your physician.

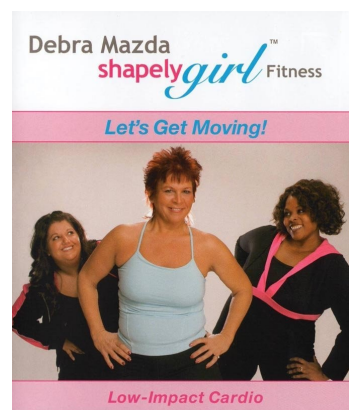
BALANCE “4” ALL

Thursdays , 9–10 am
July 11–September 26 Cost: \$59

Learn balance, strength, posture and flexibility. Registration required.

Thrive-Thursdays
Low Impact Cardio
10–10:45am/ Free

Let's Get Moving!
Join us in Great Room 1 and get ready to burn calories and shed those pounds. DVD's will be alternated.



Blood Pressure Screenings
1st & 3rd Thursday of the Month
July 18, August 1,15 & September 5, 19
10 am–Noon/ Free

High blood pressure is a “silent killer.” Know your numbers! Albertha Workman, RN will take your blood pressure to help you to maintain good overall health.

SeniorsTogether News

For more information or to register contact

Karen Hull, 410-313-7466/khull@howardcountymd.gov

Elaine Widom, 410-313-7353/ewidom@howardcountymd.gov

Upcoming Special Events

September 26 SeniorsTogether Luncheon: Timbuktu

It will be delicious, there will be new friends and old, and good times will be had, but right now we're still working on the details. Call us for more information! We hope you'll join us!

Senior Day at the Fair August 6 10 am - 3 pm

Come see us at the fair
in the 4-H Building!

Stop by our table to learn more about SeniorsTogether and maybe win a ticket to the next SeniorsTogether luncheon!

Ongoing Groups

(during renovation locations may change)

Monday

Current Events - Great Room 2

Discussion group 10 am

Tuesday

Low Vision - Meeting Room

Resource and support group 10:15 am

Thursday

Zoom-In - Meeting Room

In-depth discussion group 10 am

Brainteasers - Meeting Room

Boost your brain 12:30 pm

Friday

Trenders - Conference room

Open-minded discussion 10 am

Group Facilitators Needed

Would you like to provide leadership in a small group; have very good listening skills; are flexible and reliable? **SeniorsTogether** may be for YOU!

The **SeniorsTogether** peer outreach program hosts a number of small groups offering a safe, comfortable place to share concerns, find help, and forge new friendships. Groups may be issue-oriented like the Low Vision Support group, or more discussion-based, like Zoom-In. Facilitators complete a four-week training, and as active facilitators receive ongoing training. Our next training is scheduled for September/October 2019. Please contact, Karen Hull (see above) for details.



SeniorsTogether APPRECIATION GIFTS

Recent Gifts

*In Appreciation of
Lynn Leilich-Signor by Karen Hull*

A **SeniorsTogether** appreciation gift is a meaningful way to express condolences, admiration and goodwill. **SeniorsTogether** appreciation gifts directly support the peer outreach program. Each donor and the honoree or their family are notified of the gift with an attractive certificate and a thank you letter. The announcement in this newsletter is optional. For additional information please contact Karen Hull. **Thank You!**

Recreation & Parks

Toss Across Fridays

(except the last Friday of the month)

10:30-11:30 am/ FREE

Come try the latest backyard and tailgating craze that is being played coast to coast! Toss Across is a fun combination of bean bag toss and horseshoes and can be played just about anywhere (even the Bain Lobby!).

Join Recreation and Parks as they provide you with simple instructions on how to play this new game.

Trivia Time

Last Friday of the Month

9:30-10:30 am/ FREE

Come show us what you know during this entertaining and informative hour of group trivia fun. Question categories range from sports to entertainment to geography and more. Join us in the Bain Lobby and help your team compete for bragging rights.

BUNCO!

Last Friday of the Month

10:30-11:30 am/ FREE

This could very well be the most exciting and fun filled hour of your month! Join us for Bunco, a simple dice game that can be played by just about anyone. Recreation and Parks provides easy instruction, and new players are always welcome!

RED HATTERS

Meets the 3rd Tuesday every month.

Please call Ginny Russ at (301) 325-5173 for Red Hatters information.

Upcoming Trips, Tours and Fun!

"Explore the Possibilities"

Howard County

Recreation & Parks Trips and Tours!

July

MGM Casino and National Harbor!

Play – Win - Explore!

Thursday , July 18, 2019

9:00 am to 5:00 pm

Fee: \$60

The Phillips Collection Art Museum

Wednesday, July 31, 2019

9:00 am -5:00 pm

Fee: \$50

August

Smithsonian Museum of National History

Wednesday, August 14, 2019

9:00 am-5:00 pm

Fee: \$60

Gettysburg Battlefield and National Military Park

Wednesday, August 21, 2019

8:00 am- 5:00 pm

Fee: \$75

September

Library of Congress & Supreme Court

Friday, September 6, 2019

9:00 am-5:00 pm

Fee: \$55

The Basilica of the National Shrine

Thursday, September 19, 2019

9:00 am- 4:00 pm

Fee: \$60

Beautiful Ashville North Carolina

Biltmore Estate and Pigeon Forge and Dollywood!


September 22- 26, 2019

\$925 Double/ \$1250 Single

To register please call 410-313-7275

**Or for more information call Tracy Adkins,
410-313-7279**

July Menu

Monday July 1 Box Lunch	Tuesday July 2	Wednesday July 3 Special	Thursday July 4	Friday July 5 Box Lunch
Roast Beef and Cheddar Lettuce/ Tomato Vegetable Fruit Milk	Tomato Soup Chicken Breast Sandwich Pepper Slaw Apple Snack Pack Chocolate Milk	Stuffed Green Pepper Diced Beets Green Beans w/ Mushrooms Bread Apple Crisp Milk	Center Closed 	Cold Cut Sub Lettuce/ Tomato Vegetable Fruit Milk
Monday July 8	Tuesday July 9	Wednesday July 10 Special	Thursday July 11 Box Lunch	Friday July 12
KOREAN MEAL MENU TO BE DETERMINED	Grape Juice Meatloaf w/ gravy Mashed Potatoes Glazed Carrots Bread Milk	Tortellini w/ Pesto Cranberry Juice Green Beans w/ Mushrooms Bread Cinnamon Apples Milk	Veggie Sandwich Lettuce/ Tomato Vegetable Fruit Milk	Apple Juice Beef Pot Roast Stew Cut Veggies Garlic Mashed Potatoes Mandarin Oranges Milk
Monday July 15 Box Lunch	Tuesday July 16	Wednesday July 17	Thursday July 18 Box Lunch	Friday July 19
Corned Beef Sandwich Let/ Tom Vegetable Fruit Milk	Orange Juice Swedish Meatballs Brown Rice Glazed Carrots Green Bean Salad Yogurt	Grape Juice Baked Ham Green Beans Mac & Cheese Broccoli Salad Chocolate Milk	Tortellini Salad Let/ Tom Vegetable Fruit Milk	Tomato Juice Poppy Seed Chicken Yellow Rice Cuc & Onion Salad Pineapple Milk
Monday July 22	Tuesday July 23	Wednesday July 24	Thursday July 25	Friday July 26 Box Lunch
KOREAN MEAL MENU TO BE DETERMINED	Orange Juice Tarragon Chicken Breast Wild Rice Green Beans Applesauce	Hamburger Coleslaw Baked Beans Diced Pears Milk	Fruit Juice Beef, Mac, Tomatoes, Onions Peas and Pearl Onions Mandarin Oranges Milk	Roast Beef and Cheddar Let/ Tom Vegetable Fruit Milk
Monday July 29	Tuesday Special July 30	Wednesday July 31		
Hot Dog Coleslaw Baked Beans Diced Pears Milk	Apple Juice Beef Stroganoff Mushroom Barley Pilaf Mixed Vegetables Tropical Fruit	Chicken Salad Potato Salad 3 Bean Salad Mandarin Oranges Apple Juice		